

PUBLIC HEALTH COMMITTEE REPORT

Essential Service No. 2

Protect people from health problems and health hazards

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the [Great American Smokeout](#) event on November 15 be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk.



GREAT AMERICAN SMOKEOUT



Ten essential services of Public Health

1. Monitor health status and understand health issues facing the community
2. Protect people from health problems and health hazards
3. Give people the information they need to make healthy choices
4. Engage the community to identify and solve health problems
5. Develop public health policies and plans
6. Enforce public health laws and regulations
7. Help people receive health services
8. Maintain a competent public health workforce
9. Evaluate and improve programs and interventions
10. Contribute to and apply the evidence base of public health

Essential Service No. 1

Monitor health status and understand health issues facing the community

According to the CDC:

84 MILLION ADULTS HAVE PREDIABETES

9 OF 10 DON'T KNOW THEY HAVE PREDIABETES

1 IN 3 ADULTS HAS PREDIABETES



Assess your risk



MYTH: Diabetes is not a serious disease.

FACT: Diabetes is a growing epidemic with a devastating physical, emotional and financial toll on our country.

It kills more Americans each year than AIDS and breast cancer

COMBINED.

STOP DIABETES
A National Diabetes Awareness Campaign

November is American Diabetes Month

American Diabetes Month is observed every November so individuals, health care professionals, organizations and communities can bring attention to diabetes and its impact on millions of Americans. Chronic diseases, such as diabetes, were chosen by our residents as one of the top three health priorities for the Community Health Improvement Plan (CHIP). In this way, we hope to raise awareness and to create a sense of urgency about this growing public health crisis.

Essential Service No. 4

Engage the community to identify and solve health problems

Lead Study



KCHD joins private well lead study

Drinking water systems in cities can contain lead, but we do not know if lead is found in private well water in Illinois. KCHD is partnering with the University of Illinois and Northern Illinois University to study the issue. It will involve providing a water sample and completing a questionnaire about home water use. The researchers will let you know if the well water in your home has lead. There is no cost to participation. Contact Diane Dawson, (630) 264-7695, dawsondiane@co.kane.il.us.